

**From:** Keith Grubb [mailto:keithgrubb@fbia.net]  
**Sent:** Thursday, May 28, 2009 8:08 PM  
**To:** EBSA, E-OHPSCA - EBSA  
**Subject:** MHPAEA

Regarding: MHPAEA and Mental Health Parity Act of 1996

Dear Sir/Madam,

I realize you are seeking data regarding the implementation of MHPAEA and what I have to say, I feel, is the most important data you could know from someone in the field.

In my daily service to the public I have come upon many persons who feel in need of or are under mental health treatment. I have seen these treatments escalate from one pill to many without any real solution of the condition. In fact per the FDA many of these drugs are dangerous and have "Black Box" warnings the most stern warning given by the FDA. On the other hand I have seen much success engendered through changes of diet, study habits, techniques of dealing with stress and avoiding sleep deprivation. It is "how do we learn to live in today's society" that will solve our problems not "who pays for what drugs" that only mask symptoms and discourage real solutions from being found.

Education of the public as to consequences of the way they live is paramount and I believe is the beginning of a real solution which will cause the need for medical care to decrease. Therefore moneys spent in that direction are the best used.

Thank you for your time.

Sincerely,  
Keith Grubb

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